

*Committed to Building  
Resilient Families*



# 287-CARE Hotline

To report child abuse or neglect and unrestricted reports of spouse abuse.

Careline monitored by Family Advocacy Program (FAP) staff  
**24 hours a day, 7 days a week.**

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## FAMILY ADVOCACY PROGRAM

254-286-6774

Army Community Service Family Advocacy Program

# Family Advocacy Victim Advocate Program

*If you've experienced domestic violence or sexual assault, the Victim Advocates can help.*

*Call for victim services, to make a report of sexual assault, or to make a restricted report of spouse/intimate partner abuse.*

**Fort Hood Crisis Line  
(254) 702-4953**

*Call 24 hours a day, 7 days a week*





## **Unit Training**

Required annual training for Soldiers IAW AR 608-18, Army Family Advocacy Program. Educates Soldiers on the dynamics of spouse and child abuse and how to report and obtain assistance if needed by utilizing the 287-CARE Line.

## **Family Advocacy Specialist Program (FASP)**

Each Battalion-sized element is assigned a trained Family Advocacy Specialist who provides liaison between FAP, Commanders, Soldiers, and family members for education, training, treatment and referrals to promote the prevention of Family violence in the units. **287-9048**

**254-286-6774**





# Working with Soldiers



ACY PROGRAM

6-6774



## **FAP Leadership Training**

Presentation to inform commanders and leaders on all aspects of the Fort Hood Family Advocacy Program for Soldiers and their Families. **287-9048**

## **Commander Desk Side Briefing**

A required 15-30 minute presentation that provides commanders with important information about Family Advocacy Program in an individual setting.

**FAMILY ADVOCACY PROGRAM**

**254-286-6774**



## **Professional Training**

Provided to Child and Youth Services, Legal, Law Enforcement and other professionals on the identification, reporting, and prevention of child abuse.

## **Domestic Violence Awareness Training for the Workplace (286-5338)**

This training is designed to provide the civilian workforce with an overview of the dynamics of domestic violence and how it affects the workplace.

# **FAMILY ADVOCACY PROGRAM**

**254-286-6774**



# Stress/Anger/ Conflict Workshop

6-hour workshop  
conducted every 2nd  
and 4th Thursday of  
the month.

**286-5338**

FAMILY ADVOC

254-286-6774



Army Community Service - Family Advocacy Program

## Stress, Anger & Conflict Management Workshop

### Highlights

Effective Stress Management Techniques

Anger Conflict Management Principles

Stress Symptoms



**Building  
18000**

**Time:  
0900—1600**

The Stress, Anger & Conflict Management Workshop assists participants in recognizing the causes and effects of stress and introduces them to a wide array of stress management techniques.

The Workshop also focuses on anger and conflict resolution principles and techniques. Dealing with stress due to parenting, or coping with the needs of a special needs child? This class may be beneficial for you.

**There is no cost to attend this workshop.**



Call 286-5338 or 288-2092 for more information. Class is first come, first served.

Certificates of Completion Available.

Free Childcare Provided Upon  
Advanced Request.

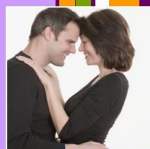






## Relationship Enrichment Program

Workshop is designed to assist couples to avoid potential relationship problems, handle conflict constructively and communicate effectively. REP is offered the 3rd Wednesday of each month. **618-7584**



## Relationship Enrichment Workshop

### KEY TOPICS

- ♦ Creating a Healthy Relationship
- ♦ Danger Signs in a Relationship
- ♦ Expectations
- ♦ Barriers to Clear Communication
- ♦ Teaming Up to Handle Conflict
- ♦ Enjoying Each Other
- ♦ Intimacy: Using the Senses

**Class runs 0900—1600**

**At Oveta Culp Hobby  
Soldier and Family Readiness Center  
Building 18000**

**FREE TO PARTICIPATING COUPLES**

**CHILD CARE AVAILABLE UPON REQUEST**

***Please call to register: 618-7584  
or 286-6774 for more information.***





Army Community Service / Family Advocacy Program

## EXPECT RESPECT



- Respecting Others
- Jealousy
- Communicating Assertively
- Preventing Dating Violence
- Dating Pressures
- Relationship Bill of Rights
- Relating to People
- Healthy Dating Skills



Fort Hood Army Community Service Family Advocacy Program offers Dating Violence Educational classes for:

- Teens
- Parents
- School Counselors
- Child and Youth Services Agencies



To Request a Class Please Call:

618-7586/286-6774

ACS/Family Advocacy Program, Ft. Hood, TX



## Expect Respect (Dating Violence Prevention)

An educational class for single Soldiers, teens, parents, school counselors, youth service agencies, and Family members. Topics include: Preventing Dating Violence, Relationship Bill of Rights, Communicating Assertively, Jealousy, Dating Pressures, Healthy Dating Skills, and Abuse & Respect.

**618-7586**





## **McGruff "Safe House" Program**

This program provides a temporary safe haven for children who find themselves in emergency or frightening situations. Volunteers include Fort Hood community housing residents, Family Child Care (FCC) providers and Child and Youth Services staff. **287-6505**

# Save-a-Tot & Boost-a-Youth!



254-286-6774





## **Save-A-Tot/Boost-A-Youth Program**

Certified technicians educate participants on the many safety aspects and proper installation of child safety seats. Inspections are conducted the last Friday of each month and are open to all military ID card holders. Child must be present to ensure proper fitting. **287-6505**

## **Child Safety**

This program provides education on child safety issues to include: internet safety, personal awareness, identification kits, environmental safety. Classes are conducted at the Child and Youth Development Centers. Classes available upon request. **287-6505**

**254-286-6774**





## Single Soldier Parent Network

Develops support and communication between single parents for mutual support and development of support network.

**287-1763**

Are you a...  
**Single  
Soldier  
Parent?**  
**Then come join us!**



Single Soldier Parent  
Support Group

For more information please call  
287-1763 or 288-2092

Join us for lunch and network with other single parents.  
Quarterly movie night with your kids.  
We bring the popcorn!



**Army Community Service - Family Advocacy Program**

**FAMILY ADVOCACY PROGRAM**

**254-286-6774**

## Common Sense Parenting

Ages 4-12: This program consists of six 2 hour sessions. Parents are taught skills that help them encourage positive behavior, discourage negative behavior, and teach alternatives to problem behavior.

**618-7443**

Army Community Service - Family Advocacy Program

## Common Sense Parenting

### WHO:

All individuals with children 4 to 12 years old interested in discussing parenting issues

### WHAT:

Common Sense Parenting

### WHEN:

Tuesdays 930-1130

### WHERE:

Please Call for Location



Parents are taught skills that help them encourage positive behavior, discourage negative behavior, and teach alternatives to problem behavior.

Parent of a child with special needs? This class may be beneficial for you. Please call for more information.



Free Childcare is Available Upon Request

**To Register Please Call**

**618-7443 or 286-6774**

## Shaken Baby Syndrome Prevention Education

Class provides Shaken Baby Syndrome prevention through parent education, public awareness, and professional training. Available to parents, caregivers, and child care professionals. **287-5066**





## New Parent Support Program (NPSP)

Ages 3 and Under: Licensed Masters-level Social Workers and Registered Nurses offer parenting education, support, and resource assistance to Army Families. Services include home visits, weekly play groups, infant massage classes and a breastfeeding support lunch group. **287-2286**



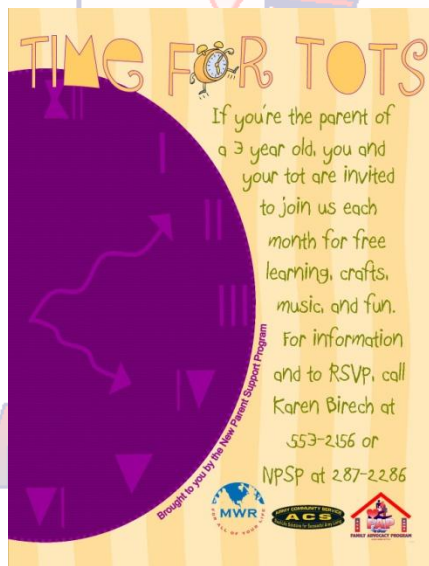
### Explore LEARNING AND PLAY

A Parent & Child Play Group for Parents and Children 0 - 3 years

#### Examples of Activities

- April Showers
- Texas Independence Day
- Earth Day
- Cinco De Mayo Craft
- Mother's Day Craft
- Bug Off
- Do a Dot Art
- Bon Voyage
- Bubble Play Day
- Puzzle Play
- Father's Day Craft
- Parachute Play

Every Wednesday - 9:30 - 11:00 AM at Bronco Youth Center  
New Parent Support Program  
For More Information Call 287-2286



### TIME FOR TOTS

If you're the parent of a 3 year old, you and your tot are invited to join us each month for free learning, crafts, music, and fun.

For information and to RSVP, call Karen Birech at 553-2156 or NPSP at 287-2286

Brought to you by New Parent Support Program



### Army Community Service Family Advocacy Program New Parent Support Program Infant Massage

For Parents & Children Three Years of Age & Under

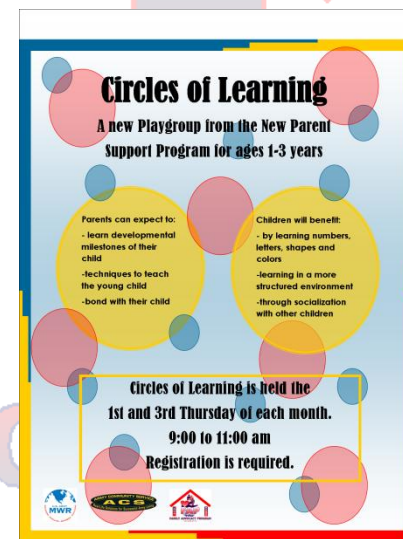
The art and science of massage can provide valuable benefits to your baby. A stronger immune system and improved circulation, increased respiration drive, and healthier digestion may result from infant massage. Your baby may find relief from the discomfort of teething, colic, congestion or constipation, and the time you spend together will enhance your relationship with your baby.

Morning and evening classes will be conducted - please call for dates.

Morning classes: 1000-1100 at  
Oveta Culp Hobby Soldier & Family Readiness Center  
(Building 18000)

Evening classes: 1800-1900 at  
Lane Volunteer Center  
(Corner of Hood Road and Old Ironsides)

Call 287-2286 to register  
POC: Marina Bigness



### Circles of Learning

A New Playgroup from the New Parent Support Program for ages 1-3 years

Parents can expect to:

- learn developmental milestones of their child
- techniques to teach the young child
- bond with their child

Children will benefit:

- by learning numbers, letters, shapes and colors
- learning in a more structured environment
- through socialization with other children

Circles of Learning is held the 1st and 3rd Thursday of each month.  
9:00 to 11:00 am  
Registration is required.

# Play Mornings



VOCAC  
54-286-6





## Boot Camp for New Dads & Dads 101

Classes educate new fathers in parental roles and responsibilities, and help them develop strategies to adapt and cope with a new baby. Boot Camp is an interactive workshop with veteran dads sharing their knowledge.

**287-5066**

Army Community Service - Family Advocacy Program

## BOOT CAMP

### For New and Expectant Dads

This class educates new and expectant fathers on parental roles and responsibilities, and helps them develop strategies to adapt and cope with a new baby. Boot Camp is an interactive workshop for Dads only.

Some of the topics to be covered are:

- ♦ Introduction to pregnancy and lifestyle changes
- ♦ Effective strategies for helping mom and baby
- ♦ Basic baby care and bonding for dads
- ♦ Shaken Baby Prevention Education
- ♦ Coping strategies for crying infants and small children

**BOOAH!**



**JOIN US-**

To RSVP, call  
New Parent Support Program  
@ (254) 287-5066  
Or (254) 287-2286



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## Active ParenTEEN Program

Ages 13-18: A 6-hour training and open discussion for parents and teens that meets quarterly. Parents gain knowledge to enhance their ability to guide teens through the turbulent period of their lives. Teens learn skills to effectively manage the challenges of adolescence.

**287-1763**



### Hey Parents!

Army Community Service  
Family Advocacy Program



Is it You vs. Your TEEN?  
Is Your TEEN challenging you?  
Do you understand the meaning of  
"What it do?", "A Bay Bay", "Superman"  
or text messages such as BFF, CUL,  
LOL, PIR & F2T?  
Do you want NEW IDEAS?

## ACTIVE PARENTEEN



Motivational Parenting • Understanding Peer Pressure  
Internet/Information Safety • Behavior Modification  
Effective Parenting Styles • Self - Esteem Issues

**CLASS DATES for 2012**

**August 6 & 7  
October 1 & 2  
December 3 & 4**

All classes will be held from  
1800-2100  
Please call for location.

**Call 254-287-1763**  
Free child care is available upon request.





## **Infant Massage Class**

This class offers parents and infants an opportunity to spend quality time together while parents learn the art and science of infant massage from certified instructors. Classes are offered morning and evening to provide instruction for working parents, too. **287-2286**

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# **FAMILY ADVOCACY PROGRAM**

**254-286-6774**



# Family Advocacy Prevention Programs



<b>Single Soldier Parent Support Group</b> <b>287-1763</b>	<b>New Parent Support Program</b> <b>287-2286</b>	<b>Stress, Anger, &amp; Conflict Management</b> <b>286-5338</b>	<b>McGruff "Safe House" Child Safety Training</b> <b>287-6505</b>	<b>Relationship Enrichment Program</b> <b>618-7584</b>	<b>Play Mornings For Infants And Toddlers</b> <b>287-2286</b>
<b>Homefront Debriefing</b> <b>618-7584</b>	<b>Save-a-Tot Boost-A-Youth</b> <b>287-6505</b>	<div> <p><b>Child &amp; Spouse Abuse Hotline</b> <b>287-CARE</b></p> <p><i>Committed to Building Resilient Families</i></p> <div> </div> </div>		<b>Expect Respect</b> <b>618-7586</b>	<b>Domestic Violence Awareness Training (DVAT)</b>
<b>Common Sense Parenting</b> <b>618-7443</b>	<b>Active ParentTeen</b> <b>287-1763</b>			<b>Shaken Baby Syndrome Prevention Education</b> <b>287-5066</b>	<b>Boot Camp for New Dads &amp; Dads 101</b> <b>287-5066</b>
<b>Lunchtime Breastfeeding Support Group</b> <b>287-2286</b>	<b>Infant Massage Workshops</b> <b>287-5066</b>	<b>Sexual Assault Prevention &amp; Response Program</b> <b>288-4931</b>	<b>Deskside Briefing with Command</b>	<b>Commander &amp; 1SG Course</b>	<b>CFS/FAS Program</b>